

**Vermont WIC Approved Products List for Retail Vendors**  
**Updated August 5, 2015**

The foods listed below are approved by Vermont WIC. **Foods listed below qualify for compliance** with Vermont WIC's Minimum Inventory standards for retail vendors.

USDA/FNS, with the assistance of the Institutes of Medicine, has established **guidelines** that state WIC programs must follow in selecting foods for the state's Approved Products List. To review the guidelines, go to: [www.fns.usda.gov/wic/wic-food-packages-regulatory-requirements-wic-eligible-foods](http://www.fns.usda.gov/wic/wic-food-packages-regulatory-requirements-wic-eligible-foods)

Some quantities and sizes in this list (e.g. 16 oz loaves of bread) are dictated by the FNS standards for WIC food packages.

**To request that a food be added** to the Vermont WIC Approved Products List (APL), please review the proposed food items against the USDA/FNS standards first. If you believe the food would comply, following the directions found here, to submit your suggestion:

[http://healthvermont.gov/wic/documents/Missed\\_UPC\\_guidance.pdf](http://healthvermont.gov/wic/documents/Missed_UPC_guidance.pdf)

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| Juice                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| Size<br>Varieties<br>Brands | <p><b>Juice for kids:</b></p> <p><b><u>16 oz frozen orange juice</u></b><br/>           These brands only:<br/>           Hannaford<br/>           Minute Maid<br/>           My Essentials<br/>           Price Chopper<br/>           Essential Everyday</p> <p><b><u>64 oz Shelf stable bottle:</u></b><br/>           These brands only- any flavor:<br/>           Apple and Eve<br/>           Juicy Juice<br/>           Welch's<br/>           Old Orchard<br/>           Northland</p> <p>These brands, flavor specific:<br/>           Price Chopper –<br/>               Apple; Grape;<br/>               Cranberry-Raspberry<br/>           Hannaford –<br/>               Cranberry-Raspberry; Grape; White<br/>               Grape</p> | <p><b>Juice for women:</b></p> <p><b><u>11.5 &amp; 12 oz frozen:</u></b><br/>           Welch's "yellow peel strip", any flavor<br/>           Old Orchard "green peel strip", any flavor<br/>           Dole, any flavor 100 % juice<br/>           Minute Maid – orange juice (country style, pulp free, original, original w/calcium)<br/>           Minute Maid – grapefruit juice</p> <p><b><u>48 oz shelf stable bottle:</u></b><br/>           These brands only– any flavor:<br/>           Juicy Juice<br/>           Northland<br/>           Apple &amp; Eve</p> <p>These brands, flavor specific:<br/>           Shurfine –<br/>               Apple; Grape; Vegetable</p> |

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|                         | Essential Everyday –<br>Apple; Grape; Berry Blend<br>Shurfine –<br>Apple; Grape;<br>Cranberry-Raspberry<br>Langers –<br>Apple; Red Grape; White Grape<br><br><u>64 oz refrigerated orange juice</u><br>Store brand only                                                                                                                                  |                                                                                                                                                                                                                                                                                   |
| Restrictions            | Only juices listed are allowed                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                   |
| Breakfast Cereals       |                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                   |
| Size                    | 12 to 36 oz box sizes                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                   |
| Varieties               | Whole grain cereals in red<br>Gluten Free in blue<br>Non-whole grain in black                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                   |
| Restrictions            | Only cereals listed are allowed. USDA/FNS requirements for nutrition and iron fortification must be met for cereals to be approved by WIC. See standards at:<br><a href="http://www.fns.usda.gov/wic/wic-food-packages-regulatory-requirements-wic-eligible-foods">www.fns.usda.gov/wic/wic-food-packages-regulatory-requirements-wic-eligible-foods</a> |                                                                                                                                                                                                                                                                                   |
| National Brands Allowed | <u>General Mills</u><br>Cheerios<br>Multi-Grain Cheerios<br>Chex –Corn<br>Chex-Rice<br>Chex – Wheat<br>Kix - Plain<br>Kix – Berry<br>Total<br>Wheaties<br>Fiber One - Honey Clusters<br><br><u>Quaker</u>                                                                                                                                                | <u>Kellogg's</u><br>Corn Flakes<br>Frosted Mini Wheats – Original and Little Bites<br>Mini-Wheats (unfrosted)<br>Mini-Wheats Touch of Fruit in the Middle, Raspberry<br>Rice Krispies (plain)<br>Rice Krispies (gluten free)<br><br><u>Post</u><br>Grape Nuts<br>Grape Nut Flakes |

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|                             | <b>Life</b><br>Oatmeal Squares: Hint of Brown Sugar<br>Oatmeal Squares: Hint of Cinnamon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Honey Bunches of Oats: Vanilla Bunches<br>Honey Bunches of Oats: Honey Roasted<br>Banana Nut Crunch                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Store Brands Allowed</b> | <b><u>Great Value</u></b><br>Toasted Corn Cereal (Squares)<br>Toasted Rice Cereal (Squares)<br>Crisp Rice<br>Corn Flakes<br><br><b><u>Hannaford:</u></b><br>Corn flakes<br>Crispy rice<br>Toasted Rice Squares<br>Toasted Corn squares<br>Tasteeos<br>Nutty Nuggets<br>Crunchy Nuggets<br>Bran Flakes<br><br><b><u>Shurfine</u></b><br>Corn Flakes<br>Corn Squares<br>Crisp Rice<br>Frosted Shredded Wheat<br>Rice Squares<br>Toasted Oats<br>Wheat Squares<br><br><b><u>Essential Everyday (Shaws store brand)</u></b><br>Frosted Shredded Wheat<br>Bran Flakes<br>Nutty Nuggets<br>Toasted Oats<br>Crispy Rice<br>Corn Flakes<br>Crunchy Rice Squares<br>Crunchy Corn Squares | <b><u>My Essentials</u></b><br>Crisp Rice Cereal<br>Corn Flakes<br>Frosted Shredded Wheat<br>Frosted Wheat Squares<br>Tasteeos<br><br><b><u>Price chopper:</u></b><br>Corn Flakes<br>Toasted Oats<br>Bran Flakes<br>Frosted Shredded Wheat<br>Crispy Rice<br>Nutty Nuggets<br><br><b><u>IGA</u></b><br>Bran Flakes<br>Tasteeos<br>Bite Size Frosted Shredded Wheat<br>Corn Flakes<br>Crispy Rice<br>Corn Squares<br>Rice Squares<br><br><b><u>Best Yet:</u></b><br>Nutty Nuggets<br>Bran Flakes<br>Frosted Shredded Wheat<br>Toasted Oats<br>Crispy Rice<br>Corn Flakes<br><br><b><u>TOPS</u></b><br>Bran Flakes<br>Frosted Shredded Wheat<br>Corn Flakes<br>Crisp Rice<br>Toasted Oats |
| <b>Hot Cereal</b>           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Size</b>                 | See below                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Varieties</b>            | Hot Oatmeal<br>Hot Wheat<br>Hot Rice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

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|                                                  | <p>Whole grain cereals in red</p> <p>Gluten Free in blue</p> <p>Non-whole grain in black</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Restrictions</b>                              | No added sugar or fruit.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Brands</b>                                    | <p><b><u>Brands/Products allowed:</u></b></p> <p>Quaker Instant Oatmeal Original Packets 11.8 oz</p> <p>Maypo Vermont Style Maple Oatmeal 19 oz</p> <p>Maypo Instant Maple Oatmeal 14 oz</p> <p>Cream of Rice – Original 14 oz</p> <p>Cream of Wheat – Original Flavor (1, 2 ½, 10 minute) 28 oz</p> <p>Cream of Wheat - Whole Grain (2 ½ minute) 18 oz</p>                                                                                                                                                                                                                   |
| <b>Milk</b>                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Size</b><br><b>Varieties</b><br><b>Brands</b> | <p><b>Low-fat(1%), Nonfat (skim) &amp; Whole Milk</b><br/> Quarts, Half Gallons, Gallons<br/> Any brand</p> <p><b>Lactose reduced and Lactose free milk (whole, 1% and skim):</b><br/> Quarts, Half Gallons, Gallons<br/> Any brand</p> <p><b>Shelf stable (UHT) milk:</b><br/> Quarts<br/> Any Brand</p> <p><b>Dry milk powder (non-fat only) :</b><br/> 25.6 oz packages<br/> Any brand</p> <p><b>Goat's Milk</b><br/> Meyenberg Whole milk:<br/> Half gallon and quart fluid and 12 ounce powdered<br/> Meyenberg Low-fat milk:<br/> Quart fluid and 12 ounce powdered</p> |
| <b>Restrictions</b>                              | No organic, no flavored                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Yogurt</b>                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Size</b>                                      | Allowed: 32 oz tubs, 4 packs of 4 oz, 8 packs of 2 oz                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Varieties</b>                                 | Plain and flavored allowed.<br>Organic allowed.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Restrictions</b>                              | No mix ins allowed (granola, candy, nuts, honey)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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| <b>Brands</b> | <p><b><u>Brands:</u></b></p> <ul style="list-style-type: none"> <li>• Butterworks Farm – [All 32 oz tubs] <ul style="list-style-type: none"> <li>○ Whole milk Plain, Maple; Nonfat Plain, Vanilla, Lemon, Vermont Honey</li> </ul> </li> <li>• Cabot – [All 32 oz tubs] <ul style="list-style-type: none"> <li>○ “Cabot” Nonfat Plain;</li> <li>○ “Cabot Greek” - Whole milk Plain; Low-fat Plain, Strawberry, Vanilla Bean</li> </ul> </li> <li>• Chobani – <ul style="list-style-type: none"> <li>○ [ 32 oz tubs] “Greek” Whole Milk Plain; Nonfat Plain, Vanilla, Strawberry</li> <li>○ [8 packs 2 oz tubes] “Kids Tubes” Strawberry, Banana, Chocolate Dust, Grape Watermelon</li> </ul> </li> <li>• Dannon – [All 32 oz tubs ] <ul style="list-style-type: none"> <li>○ “All Natural” - Whole Milk Plain; Low-fat Plain, Vanilla; Nonfat Plain</li> <li>○ “Oikos Greek” – Whole Milk Plain; Nonfat Plain, Vanilla</li> </ul> </li> <li>• Green Mountain Creamery – [All 32 oz tubs] <ul style="list-style-type: none"> <li>○ “Greek” Full Fat Plain; Nonfat Plain, Vanilla, Maple</li> </ul> </li> <li>• Stonyfield Farms – <ul style="list-style-type: none"> <li>○ [32 oz tubs] “Smooth &amp; Creamy” Whole Milk Plain, French Vanilla; Low-fat Plain, French Vanilla, Blueberry, BaNilla, Strawberry; Fat Free Plain, French Vanilla</li> <li>○ [32 oz tubs] “Greek” Nonfat Plain, Vanilla</li> <li>○ [4 pack 4 oz] “Greek” Plain, Vanilla, Blueberry, Strawberry, Super Fruits</li> <li>○ [8 pack 2 oz tubes] “Squeezers” Low-fat Blueberry/Lemonade, Cherry/Mixed Berry, Strawberry</li> </ul> </li> </ul> <p><b><u>Store Brands – [All 32 oz tubs]</u></b></p> <ul style="list-style-type: none"> <li>• Essentials Everyday- <ul style="list-style-type: none"> <li>○ “Blended” Plain, Vanilla, Peach, Strawberry Banana, Strawberry, Raspberry</li> <li>○ “Fat Free” Plain</li> <li>○ “Greek” Plain, Vanilla</li> </ul> </li> <li>• Hannaford – <ul style="list-style-type: none"> <li>○ Lowfat Plain, Vanilla</li> <li>○ Nonfat Plain, Vanilla, Strawberry</li> </ul> </li> <li>• Price Chopper – <ul style="list-style-type: none"> <li>○ Fat Free Plain, Vanilla</li> <li>○ Lowfat Vanilla</li> <li>○ Greek Nonfat Plain, Vanilla</li> </ul> </li> <li>• Taste of Inspirations – <ul style="list-style-type: none"> <li>○ Greek Nonfat Plain, Vanilla</li> </ul> </li> <li>• TOPS – <ul style="list-style-type: none"> <li>○ Fat Free Plain, Vanilla</li> <li>○ Lowfat Plain, Vanilla, Strawberry</li> <li>○ Greek Nonfat Plain, Vanilla</li> </ul> </li> <li>• Shurfine – <ul style="list-style-type: none"> <li>○ Nonfat Plain, Vanilla</li> <li>○ Lowfat Plain, Vanilla</li> </ul> </li> </ul> |
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| <b>Soy Milk</b>                      |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Size<br/>Brands<br/>Varieties</b> | <p><u><b>Only soy milks allowed:</b></u></p> <p>Pacific Natural Foods<br/>32 oz shelf stable</p> <ul style="list-style-type: none"> <li>• Ultra Soy Original</li> <li>• Ultra Soy Vanilla</li> </ul> <p>8th Continent<br/>64 oz refrigerated</p> <ul style="list-style-type: none"> <li>• Original</li> <li>• Vanilla</li> </ul> <p>Silk<br/>64 oz refrigerated</p> <ul style="list-style-type: none"> <li>• Original</li> </ul> |
| <b>Restrictions</b>                  | n/a                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Tofu</b>                          |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Size</b>                          | 14 – 16 ounce packages                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Varieties</b>                     | Silken, soft, firm, extra firm                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Restrictions</b>                  |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Brands</b>                        | <p><u><b>Only brands allowed:</b></u></p> <p>Azumaya          Firm<br/>Azumaya          Extra Firm<br/>Azumaya          Silken</p> <p>Nasoya          Soft<br/>Nasoya          Firm<br/>Nasoya          Silken<br/>Nasoya          Extra firm<br/>Nasoya          Lite Firm<br/>Nasoya          Lite Silken</p> <p>Vermont Soy      Firm</p>                                                                                     |
| <b>Cheese</b>                        |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Size</b>                          | 8 and 16 oz only (block and sliced American)                                                                                                                                                                                                                                                                                                                                                                                     |

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| Varieties               | Cheddar – sharp, mild<br>American slices, <u>not</u> individually wrapped<br>Colby<br>Colby-Jack<br>Monterey Jack<br>Mozzarella<br><br><i>Low fat versions of all above allowed</i> |                                                                                                           |
| Restrictions            | No string,<br>No shredded,<br>No imported,<br>No deli,<br>No organic,<br>No individually wrapped                                                                                    |                                                                                                           |
| National Brands Allowed | Cabot<br>Cracker Barrel<br>Frigo<br>Heluva Good                                                                                                                                     | Kraft<br>Sargento<br>Sorrento<br>Polly O                                                                  |
| Store Brand             | Best Yet<br>Crystal Farms<br>Essential Everyday<br>Flavorite<br>Food Club<br>Great Value<br>Hannaford<br>Hy-Top                                                                     | IGA<br>Lifeline Farm<br>Market Pantry<br>My Essentials<br>Price Chopper<br>Shurfresh<br>Shurefine<br>TOPS |
| Eggs                    |                                                                                                                                                                                     |                                                                                                           |
| Size                    | Medium and Large<br>Whole dozen only                                                                                                                                                |                                                                                                           |
| Varieties               | White or brown                                                                                                                                                                      |                                                                                                           |
| Restrictions            | No organic<br>No enhanced or specialty (Omega-3)                                                                                                                                    |                                                                                                           |
| Brand                   | Any brand                                                                                                                                                                           |                                                                                                           |
| Dried Beans             |                                                                                                                                                                                     |                                                                                                           |
| Size                    | 1 lb bag                                                                                                                                                                            |                                                                                                           |
| Varieties               | Any type of mature dry beans, peas or lentils.                                                                                                                                      |                                                                                                           |

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| <b>Restrictions</b>    | No added sugars, no soup mix.                                                                                                                                         |                                                 |                                                       |
| <b>Brands</b>          | Any brand                                                                                                                                                             |                                                 |                                                       |
| <b>Canned Beans</b>    |                                                                                                                                                                       |                                                 |                                                       |
| <b>Size</b>            | 15-16 oz can                                                                                                                                                          |                                                 |                                                       |
| <b>Restrictions</b>    | May not contain added sugars, fats, oils, vegetables, fruits or meat.                                                                                                 |                                                 |                                                       |
| <b>Varieties</b>       | Any type of mature beans, peas.<br>May be regular or low sodium.                                                                                                      |                                                 |                                                       |
| <b>Brands</b>          | Any brand                                                                                                                                                             |                                                 |                                                       |
| <b>Peanut Butter</b>   |                                                                                                                                                                       |                                                 |                                                       |
| <b>Size</b>            | 16 to 18 ounce jar (plastic or glass)                                                                                                                                 |                                                 |                                                       |
| <b>Varieties</b>       | Smooth and chunky                                                                                                                                                     |                                                 |                                                       |
| <b>Restrictions</b>    | No low fat<br>No low sodium<br>No organic<br>No specialty peanut butters<br>No peanut butter <u>spreads</u> (such as Simply Jif, Reduced Fat Jif, Reduced Fat Skippy) |                                                 |                                                       |
| <b>National Brands</b> | Jif<br>Skippy<br>Teddies                                                                                                                                              |                                                 |                                                       |
| <b>Store brands</b>    | Any store brand                                                                                                                                                       |                                                 |                                                       |
| <b>Canned fish</b>     |                                                                                                                                                                       |                                                 |                                                       |
| <b>Size</b>            | <b>Chunk light tuna,</b><br>5 or 6 oz can                                                                                                                             | <b>Canned salmon</b><br>5, 6, 7.5, or 15 oz can | <b>Canned Sardines</b><br>3.75 oz can                 |
| <b>Restrictions</b>    |                                                                                                                                                                       |                                                 |                                                       |
| <b>Varieties</b>       | Chunk light, in water or oil                                                                                                                                          | Packed in water or oil                          | Packed in water or oil<br>May include bones and skin. |
| <b>Brands</b>          | Any Brand                                                                                                                                                             | Any brand                                       | Any Brand                                             |
| <b>Bread</b>           |                                                                                                                                                                       |                                                 |                                                       |
| <b>Size</b>            | 16 oz only                                                                                                                                                            |                                                 |                                                       |



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| <b>Restrictions</b> | Limited to brands listed. <b>Must be 16 oz loaf.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Varieties</b>    | 100% Whole Wheat and Whole Grain Bread                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Brands</b>       | <p><b><u>These are the only breads allowed:</u></b></p> <p>Arnold Bread Stone Ground Wheat 16 oz<br/> Best Yet Bread 100% Whole Wheat 16 oz<br/> Bimbo 100% Whole Wheat Bread 16 oz<br/> Central Market 100% Whole Wheat 16 oz<br/> My Essentials Bread 100% Whole Wheat 16 oz<br/> Pepperidge Farm Bread 100% Whole Wheat Stone Ground 16 oz<br/> Pepperidge Farm Bread 100% Whole Wheat Very Thin 16 oz<br/> Sara Lee Bread Classic 100% Whole Wheat 16 oz<br/> Shaws No Salt Added Wheat Bread 16 oz<br/> Shaws 100% Whole Wheat Bread 16 oz<br/> Sunbeam Bread 100% Whole Wheat 16 oz<br/> Wonder Bread 100% Whole Wheat 16 oz<br/> Country Kitchen Bread 100% Whole Wheat 16 oz<br/> Pepperidge Farm Bread Swirled 100% Whole Wheat Cinnamon With Raisins 16 oz<br/> Pepperidge Farm Bread Light Style, Soft Wheat 16 oz<br/> Hannaford Bread 100% Whole Wheat 16 oz<br/> Tops Bread Whole Wheat 100% 16 oz<br/> Pepperidge Farm Bread Sliced Rye 16 oz<br/> La Panciata Bread Whole Wheat Honey &amp; Oats 16 oz<br/> La Panciata Bread Whole Wheat Multi-Grain 16 oz</p> |
| <b>Brown Rice</b>   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Size</b>         | 14-16 oz, and 28- 32 oz package                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Varieties</b>    | May be instant-, quick-, or regular cooking and boil-in-bag                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Restrictions</b> | No added fats, sugars, oils or salt.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Tortillas</b>    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Size</b>         | 16 oz                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Restrictions</b> | Only 16 oz and those brands listed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Varieties</b>    | 100% Whole Wheat; and Corn                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>Brands</b>       | <p>These are the only tortillas allowed, corn and whole wheat:</p> <p>Celia'S Tortillas White Corn 16 oz<br/> Celia'S Tortillas Yellow Corn 16 oz<br/> Chi-Chi'S Tortillas White Corn, Taco Style 16 oz</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

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|                          | Don Pancho Tortillas White Corn 16 oz<br>La Banderita Tortilla Corn 16 oz<br>Mission Tortilla Extra Thin Yellow 16 oz<br>Celia'S Tortillas Whole Wheat 16 oz<br>Don Pancho Tortillas Whole Wheat 16 oz<br>Chi-Chi's Tortillas Whole Wheat, Fajita Style 16 oz<br>La Banderita Tortillas Whole Wheat, Fajita 16 oz<br>Mission Tortillas Whole Wheat, Soft Taco 16 oz<br>Mission Tortillas Whole Wheat, Fajita 16 oz<br>Ortega Tortillas Whole Wheat 16 oz                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Whole Wheat Pasta</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Size</b>              | 16 oz only                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Varieties</b>         | <b>See brands</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Restrictions</b>      | n/a                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Brands</b>            | Only pastas allowed:<br><br>Bio Naturae Whole Wheat Elbows 16 oz<br>Bio Naturae Whole Wheat Fusilli 16 oz<br>Bio Naturae Whole Wheat Penne Rigate 16 oz<br>Bio Naturae Whole Wheat Spaghetti 16 oz<br>Delallo Pasta Organic Capellini 100% Whole Wheat 16 oz<br>Delallo Pasta Organic Fusilli 100% Whole Wheat 16 oz<br>Delallo Pasta Organic Orzo 100% Whole Wheat 16 oz<br>Delallo Pasta Organic Penne Rigate 100% Whole Wheat 16 oz<br>Delallo Pasta Organic Shells 100% Whole Wheat 16 oz<br>Essential Everyday Pasta Whole Wheat Elbows 16 oz<br>Essential Everyday Pasta Whole Wheat Penne 16 oz<br>Essential Everyday Pasta Whole Wheat Rotini 16 oz<br>Essential Everyday Pasta Whole Wheat Spaghetti 16 oz<br>Essential Everyday Pasta Whole Wheat Thin Spaghetti 16 oz<br>Full Circle Pasta Organic Whole Wheat Angel Hair 16 oz<br>Full Circle Pasta Organic Whole Wheat Spaghetti 16 oz<br>Gia Russa Pasta 100% Whole Wheat Fettuccini 16 oz<br>Gia Russa Pasta 100% Whole Wheat Spaghetti 16 oz<br>Hodgson Mill Pasta Whole Wheat Angel Hair 16 oz<br>Hodgson Mill Pasta Whole Wheat Elbows 16 oz<br>Hodgson Mill Pasta Whole Wheat Spagetti 16 oz<br>Hodgson Mill Pasta Whole Wheat Spirals 16 oz<br>Hodgson Mill Pasta Whole Wheat Thin Spagetti 16 oz<br>Luigi Vitelli Pasta Organic Whole Wheat Penne Rigate 16 oz<br>Shurfine 100% Whole Wheat Spaghetti 16 oz<br>Shurfine 100% Whole Wheat Penne Rigate 16 oz |

| Fruits & Vegetables |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Size</b>         | n/a                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Varieties</b>    | <p>Fresh, Frozen or Canned<br/>May be regular or low sodium.<br/>Organic allowed.<br/>White potatoes are allowed, <i>fresh only</i>.</p> <ul style="list-style-type: none"> <li>Fresh fruits &amp; vgs: <ul style="list-style-type: none"> <li>Allowed – any variety of fresh, organic or non-organic, fruits and vegetables including fresh potatoes. May be whole, cut, bagged or packaged.</li> <li>Not allowed – no salad bar items, salad kits, party trays with added food items (dip, dressing, nuts), no fruit baskets, dried fruits/vegetable, no herbs, spices or edible blossoms.</li> </ul> </li> <li>Frozen fruits &amp; vgs: <ul style="list-style-type: none"> <li>Allowed – any brand and package type; any size (except single serving); any organic or non-organic plain fruit or vegetable without added sugar or artificial sweetener.</li> <li>Not allowed – products with non-fruit or vegetable ingredients (pasta, rice, cheese, etc), vegetables with sauce.</li> </ul> </li> <li>Canned fruits &amp; vgs: <ul style="list-style-type: none"> <li>Allowed – any brand and container (can, jar, plastic); any size except single serving; any organic or non-organic fruit or vegetable; any plain fruit or fruit mixtures packed in water or juice; any plain vegetable or vegetable mixtures.</li> <li>Not allowed – fruit cocktails, fruit in syrup, fruit with added sugar; pickled or creamed vegetables, salsa, sauce (pizza, spaghetti or tomato), stewed tomatoes or tomato paste.</li> </ul> </li> </ul> |
| <b>Restrictions</b> | <p>See above.<br/>No frozen or canned white potatoes.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Brands</b>       | Any brand.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Infant Formula      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|                     | <b>Abbott currently holds the Vermont WIC formula contract.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|                     | <p>Contract Milk-Based formula – Similac Advance</p> <ul style="list-style-type: none"> <li>12.4 oz Powder</li> <li>13 oz Concentrate</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|                     | <p>Contract Soy-Based Formula – Similac Isomil Soy</p> <ul style="list-style-type: none"> <li>12.4 oz Powder</li> <li>13 oz Concentrate</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|                     | Formulas WIC families are authorized to purchase if warranted by medical documentation:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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|              | <ul style="list-style-type: none"><li>• Similac Sensitive for Fuss &amp; Gas - 12.6 oz powder</li><li>• Similac for Spit Up – 12.3 oz powder</li><li>• Similac Total Comfort 12.6 oz powder</li><li>• Similac Go &amp; Grow (milk and soy) 22 oz powder</li><li>• Alimentum16 oz powder</li><li>• Nutramigen 12.6 oz powder</li><li>• Pregestimil 16 oz powder</li><li>• EnfaCare 12.8 oz powder</li><li>• Neosure 13.1 oz powder</li><li>• EleCare 14.1 oz powder</li><li>• Enfamil AR 12.9 oz powder (only until October 1, 2015)</li><li>• Enfamil Gentlease 12.4 oz powder (only until October 1, 2015)</li><li>• PediaSure 6 pack of 8 oz</li><li>• PediaSure with Fiber 6 pack of 8 oz</li><li>• Pediaure Sidekicks 6 pack 8 oz</li><li>• Boost 6 pack of 8 oz</li><li>• Boost Plus 6 pack of 8 oz</li><li>• Boost Diabetic 6 pack 8 oz</li></ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Infant Foods |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Size         | Size varies by variety. See variety list below.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Brands       | Generally: Beechnut, Earth’s Best Organic, Gerber, Wild Harvest.<br>Brand varies by variety. See details below.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Restrictions | See variety description for restrictions.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Varieties    | <p><b>Fruits &amp; Vegetables</b><br/>4 oz container (single and 2-pack)</p> <p>Stage 2 fruit and fruit combinations<br/>Stage 2 vegetable and vegetable combinations</p> <p>No added sugars, starches, rice or salt. No dinners. No pouches.</p> <p><b><u>Brands:</u></b><br/>Beechnut Classics<br/>Earth’s Best Organic<br/>Gerber<br/>Wild Harvest</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p><b>Infant Meats:</b><br/>2.5 oz jar<br/>Stage 1 or 2<sup>nd</sup> Foods</p> <p>No added sugar or salt. No dinners.<br/><b><u>Brands:</u></b><br/>Beechnut Classics<br/>Gerber</p> <p><b>Infant Cereal:</b><br/>8 oz box<br/>No added fruit, formula or vegetables.<br/><b><u>Beechnut</u></b> – Oatmeal, Rice, Multigrain, Oat &amp; Quinoa<br/><b><u>Earth’s Best Organic</u></b> – Oatmeal, Rice, Multigrain<br/><b><u>Gerber</u></b> – Oatmeal, Rice, Multigrain, Whole Wheat, Organic Brown Rice, Organic Oatmeal</p> |